Central Market H·E·B

CAFÉ

BREAKFAST

Available until 10:30 am weekdays and 11am weekends.

All American Breakfast
460 cal...$6.5
Two eggs cooked to order, breakfast potatoes, and wheat toast.
Add Bacon 150 cal...$2
Add Sausage 270 cal...$2

Migas
710 cal...$5.5
Scrambled eggs, corn tortillas, tomatillo sauce, and Monterey Jack cheese.

Challah French Toast
710 cal...$7
Thick-sliced challah dipped in vanilla custard. Topped with fresh berries and served with maple syrup.
Half Order 390 cal...$4

Biscuits, Sausage, and Gravy
780 cal...$4.5
Country biscuits topped with a sausage patty and smothered in cream gravy.

Oatmeal
380 cal...$4.5
Oatmeal with fresh berries and brown sugar.

Granola and Yogurt
90 cal...$6
Greek yogurt with granola and mixed berries.

Fresh Fruit Plate
330 cal...$7
Pineapple, honeydew, strawberries, blueberries, and grapes.

BREAKFAST SIDES

Two Eggs 180 cal	$2.5
Applewood Smoked Bacon 150 cal	$3
Breakfast Sausage Patties 440 cal	$3
Breakfast Potatoes 170 cal	$2
Fresh Fruit 80 cal	$3
Gravy 70 cal	$2.5

Breakfast Tacos
200 cal...$2.75
Scrambled egg served on a flour tortilla with your choice of two fillings.
Each additional item 50¢

Potatoes 40 cal	Spinach 0 cal
Cheddar 50 cal	Avocado 20 cal
Onion 5 cal	Bacon 50 cal
Mushroom 5 cal	Sausage 130 cal
Tomato 0 cal	Ham 15 cal
Bell Pepper 5 cal	Chorizo 70 cal
Jalapeño 0 cal	Refried Beans 60 cal

Build Your Own Omelet
$6
Three eggs and cheese 350 cal
Egg whites and cheese 200 cal
Each additional item 50¢

Cheddar 110 cal	Avocado 60 cal
Onion 10 cal	Bacon 100 cal
Mushroom 5 cal	Sausage 240 cal
Tomato 0 cal	Ham 30 cal
Bell Pepper 5 cal	Chorizo 150 cal
Jalapeño 5 cal	Swiss 110 cal
Spinach 0 cal	

SOUPS

Chicken Tortilla Soup
Cup 160 cal...$4
Bowl 320 cal...$6

Soup of the Day
Please ask about today's selection.
Cup...$4
Bowl...$6

Soup and Salad Combo
$8
A cup of soup and your choice of Garden or Caesar Salad.

SALADS

Asian Salmon Salad
720 cal...$12
Grilled salmon on field greens with daikon radish, carrots, mangoes, cucumbers, mint, and wasabi peas served with orange sesame vinaigrette.

Steak Salad
1250 cal...$10
Romaine lettuce topped with soy-marinated grilled flank steak, tomatoes, eggs, bacon, Blue cheese, tobacco onions, and a warm shallot vinaigrette.

Mediterranean Salad
590 cal...$8
Romaine lettuce topped with cucumbers, roasted red peppers, red onion, kalamata olives, tomatoes, pepperoncini, Feta cheese, and dolmas served with lemon oregano vinaigrette, topped with hummus.

Cobb Salad
990 cal...$7.49
Romaine lettuce, bacon, avocado, Blue cheese, black olives, egg, onion, tomato, and ranch dressing.

Classic Caesar Salad
940 cal...$7
Romaine lettuce, croutons, Parmesan cheese, and Caesar dressing.

Add Chicken 210 cal...$3
Add Salmon 270 cal...$5
Add Shrimp 110 cal...$5

BURGERS

All burgers served with lettuce, tomato, onion, and pickle, with a choice of French Fries (390 cal), Sweet Potato Fries (370 cal), or Fresh Fruit (80 cal). Substitute a Garden Salad (320 cal) for $1.

CM Burger
740 cal...$9
Freshly grilled beef patty on a pain au lait bun.
Bison Patty 810 cal...+$3

CM Cheese Burger
740 cal...$10
Blue +100 cal Cheddar +110 cal Swiss +110 cal
Gouda +90 cal Fontina +110 cal Pepper Jack +90 cal

Black Bean Burger
770 cal...$8
Served on a fresh baked whole wheat bun with salsa pesto and sliced avocado.

Salmon Burger
760 cal...$10
Salmon burger patty on a fresh baked whole wheat bun with dill yogurt dressing.

Additional Toppings
50¢/ea.
Sautéed Mushrooms 80 cal Grilled Onions 20 cal
Tobacco Onions 50 cal
$1/ea.
Bacon 150 cal Avocado 90 cal

BUILD YOUR OWN PIZZA

All pizzas are 10".

Traditional Cheese Pizza
1440 cal...$8
Tomato sauce with Mozzarella and Parmesan.

Toppings...$1/ea.
Artichokes **25 cal** • Extra Mozzarella **320 cal** • Feta **140 cal** • Grilled Chicken **170 cal** • Grilled Vegetables **110 cal**
Italian Sausage **140 cal** • Jalapeños (Fresh) **15 cal** • Mushrooms **50 cal** • Pepperoni **90 cal** • Red Onions **10 cal** • Roasted Garlic **110 cal**
Roasted Red Peppers **5 cal** • Spinach **5 cal** • Tomatoes **10 cal** • Olives **130 cal**

SIGNATURE SANDWICHES AND WRAPS

All burgers served with lettuce, tomato, onion, and pickle, with a choice of French Fries (**390 cal**), Sweet Potato Fries (**370 cal**), or Fresh Fruit (**80 cal**).

Drunken Chicken Sandwich
610 cal...$9
Pecan Porter marinated chicken with melted Swiss cheese, lettuce, tobacco onions, and honey mustard on whole wheat bun.

Roast Turkey Club
790 cal...$10
Honey whole wheat bread with roasted turkey, avocado, bacon, mayo, tomato, and lettuce.

Cuban-Style Pork Torta
720 cal...$9
Slow-braised, cumin-scented pork with lettuce, fried plantains, pickled onions, and black bean spread on bolillo bread.

Grilled Chicken Sandwich
770 cal...$8
Grilled chicken breast, avocado, lettuce, tomato, onion, Pepper Jack cheese, and chipotle mayo on a wheat bun.

Roasted Veggie Sandwich
610 cal...$8
Roasted squash, eggplant, red peppers, red onion, tomatoes, and artichoke hearts topped with olive spread and Fontina cheese on rosemary bread.

Tandoori Chicken
490 cal...$9
Tandoori-spiced chicken breast, cucumbers, onion, spinach raita, and mango chutney on naan bread.

Turkey Bacon Panini
880 cal...$9
Sourdough bread, roasted turkey, bacon, spinach, Fontina cheese, and chipotle mayo.

ENTRÉES

Grilled Tilapia
610 cal...$10
Served with grilled asparagus, red onion, avocado, grape tomatoes, fresh basil, and oregano on a bed of field greens.

Lemon Rosemary Chicken
690 cal...$10
Served with wilted spinach, red quinoa, and a chipotle lime vinaigrette.

Roasted Salmon
1060 cal...$12
Served with red quinoa and steamed mixed vegetables, topped with orange sesame vinaigrette.

BOWLS

Pork Vindaloo
600 cal...$9
A spicy Indian–style curry dish made with pork, fresh ginger, onions, garlic, and spices, served on a bed of Jasmine rice.

Amazing Asian Bowl
370 cal...$9
Fresh carrots, peppers, onions, mushrooms, broccoli, celery, cauliflower, Napa cabbage, bamboo shoots, water chestnuts, and baby corn, with Canton noodles and Asian stir-fry sauce.

Perfect Pasta Bowl
$9
Choose penne or spaghetti and sauce, then we toss with grilled eggplant, asparagus, tomato, roasted garlic, herbs, and top with freshly grated Parmesan.
Spaghetti Pesto **650 cal** Spaghetti Alfredo **610 cal**
Penne Pesto **610 cal** Penne Alfredo **570 cal**
Spaghetti Pomodoro **500 cal** Penne Pomodoro **450 cal**

Add Chicken **120 cal...$2** Add Beef **150 cal...$2**
Add Salmon **200 cal...$3** Add Shrimp **80 cal...$3** Add Tofu **170 cal...$2**

KIDS' MENU (12 AND UNDER)

Served with your choice of Fresh Fruit (**30 cal**), French Fries (**210 cal**), or Steamed Veggies (**30 cal**).

Grilled Chicken Tenders 140 cal	$5	Mac & Cheese 610 cal	$5
Crispy Chicken Tenders 320 cal	$5	Kid's Burger 350 cal	$5
Turkey & Spinach Wrap 260 cal	$5	Steamed Veggies 30 cal	$1.25
Grilled Cheese 620 cal	$5	French Fries 210 cal	$1.25
Spaghetti and Meatball 530 cal	$5	Fresh Fruit 30 cal	$1.25

SIDES

French Fries 390 cal	$2.5	Grilled Vegetables 100 cal	$3
Sweet Potato Fries 370 cal	$2.5	Steamed Vegetables 60 cal	$3
Fresh Fruit Salad 80 cal	$2.5	Wilted Kale 120 cal	$3
Caesar Salad 350 cal	$3.99	Jasmine Rice 230 cal	$3
Garden Salad 320 cal	$3.99	Red Quinoa 240 cal	$3

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H-E-B

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